

After two years, it was estimated that only 40,000 of the 250,000 Armenian residents of Baku remained in Azerbaijan. On January 13, 1990, organized Azerbaijani mobs turned on them, too, killing hundreds and injuring many more.

The pogroms came as a direct result of years of vicious, racist anti-Armenian propaganda by Azerbaijani authorities, dehumanizing the Armenian residents of Azerbaijan and laying the groundwork for mass violence. Azerbaijani authorities made little effort to punish those responsible, instead attempting to cover up the atrocities and deny the government's role in instigating the attacks.

On such an anniversary, we honor the victims of this ghastly injustice, and pledge to speak out against hatred so that history will not repeat itself. But tragically, more than three decades later, that is exactly what has happened. Beginning on September 27, 2020, and over 44 days, Azerbaijani forces once again targeted and murdered innocent Armenians in Nagorno-Karabakh, also known as Artsakh, and displaced tens of thousands more. Today, Azerbaijani aggression against the people of Armenia and Artsakh continues. Armenian soldiers are still illegally detained and subject to torture while thousands of civilians still live in danger. Religious and cultural Armenian sites that have fallen under Azerbaijani control are under constant threat.

These are the horrific consequences when aggression and hatred grow unchecked—and it is why, whether these crimes against humanity occurred one year, thirty years, or a hundred years ago, we can never allow them to go unrecognized. More than that, it is why the United States must fully step into its role as a defender of democracy and peace around the world. We must not relent in our calls for the safe and unconditional release of the remaining Armenian prisoners of war and captured civilians, for the end of U.S. assistance to the Aliyev regime, and for stronger efforts to support democracy in Armenia and a free, independent Artsakh.

So on this tragic anniversary, let us pause to remember those who suffered in the atrocities of the Sumgait and Baku pogroms. But let us also recommit ourselves and our nation to doing everything we can, today, to bring liberation to our Armenian brothers and sisters abroad, once and for all.

RECOGNIZING THE CAREER OF JAMES CAPONITI

HON. JAMIE RASKIN

OF MARYLAND

IN THE HOUSE OF REPRESENTATIVES

Monday, February 28, 2022

Mr. RASKIN. Madam Speaker, I rise today to recognize one of my remarkable constituents, James Caponiti, on the occasion of his retirement from the American Maritime Congress and for his unwavering service of nearly half a century to the U.S. Merchant Marine.

James' multi-decade career spans an extraordinary period which he began as a newly minted analyst at the Department of Commerce and which he concluded as Acting Deputy Administrator of the Maritime Administration. From the Nixon administration to navigating today's challenges of declining U.S. shipping, James worked to bolster the U.S.

Merchant Marine's invaluable role in upholding our national security interests. For example, when he served as a Commerce Fellow on the House Merchant Marine and Fisheries Committee, James provided instrumental insight and guidance in crafting legislation that implemented the Maritime Security Program. As the Chairman of NATO's Planning Board for Shipping, he led efforts that emphasized the immense value of a robust domestic merchant fleet to our European allies.

He also served as the Executive Director and President of the American Maritime Congress, a non-profit and research education association dedicated to supporting the U.S. Merchant Marine. As Executive Director and President, James provided over 38 years of industry knowledge in showcasing the important nature of maritime services to policy staff in Congress and the White House. He also spearheaded efforts to revitalize the U.S. fleet, increase the share of food-aid required on U.S. flagged vessels, educate shareholders on Export-Import Bank mandates, expand diversity and inclusion within the U.S. Merchant Marine and promote sustainability efforts to mitigate the effects of climate change.

James faithfully dedicated himself to the best interests of his country. His unshakable commitment to improving the quality of life of all mariners and strengthening the security interests of our country embodies true American patriotism.

Madam Speaker, I urge my colleagues to join me in honoring the remarkable service and wonderful legacy of my constituent, James Caponiti.

RECOGNIZING MONA GARIMELLA, BLACK HISTORY MONTH ESSAY CONTEST WINNER

HON. A. DONALD McEACHIN

OF

IN THE HOUSE OF REPRESENTATIVES

Monday, February 28, 2022

Mr. McEACHIN. Madam Speaker, I would like to take this opportunity to recognize the exemplary work of Mona Garimella, an 11th grade student at Maggie Walker Governor's School in Richmond, Virginia, and the high school winner of the Black History Month essay contest I hosted earlier this month. Ms. Garimella wrote a powerful essay on the legacy of my former colleague, John Lewis, and the importance of getting into "good trouble." I am inspired by Ms. Garimella's words, and I encourage young people across our country to reflect on what this month means to them.

Since its creation less than 50 years ago, Black History Month has been a time to honor and reflect upon the remarkable achievements of the African-American community.

Madam Speaker, I ask my colleagues to join me in recognizing Mona Garimella's exceptional work in celebration of Black History Month.

VA04 HIGH SCHOOL BLACK HISTORY MONTH ESSAY CONTEST

(By Mona Garimella)

"Get in good trouble, necessary trouble, and help redeem the soul of America." Former U.S. Representative John Lewis once said this, a man who continuously fought for equality and civil rights throughout his lifetime. Lewis's work as an activist and gov-

ernment official made courageous strides in our society that were of the topmost necessity. In a time of pure hate and discrimination against African American people, Lewis led significant protests, such as the iconic Freedom Fighters protests against *Boydton v. Virginia*. He continued his legacy as a leader in multiple nonviolence activist groups and also when he eventually came to Congress. Today, Representative Lewis's lifetime work of "good trouble" represents the necessity for society to continuously fight for what is right and never be afraid to speak up for the greater good, as it is our job as American individuals to hold the government accountable and remain steadfast in our morals so that we can prevent the tragic prejudices in our history from occurring again.

It is hard to stand up for what is right. To speak up and defy social norms is something that takes courage to do, but it is of utmost importance that we do so; one must use their freedom of speech to get in "good trouble" and stand up for what is right. After years of inhumane police brutality against African Americans and the tragic murder of George Floyd in 2020, the Black Lives Matter movement gained a surge of popularity larger than it had ever seen. Individuals of all colors and backgrounds were using their right to protest to create good trouble and be loud. They made it clear that the violence and mistreatment of Black people in our country have been inhumane for centuries now. It was sickening how certain racial prejudices are still present today and even supported by some law enforcement officials. Some news sources viewed these protests as "violent," but the activists continued using their voices because they knew it was the only way people would listen. As seen in Lewis's civil rights work and the Black Lives Matter movement, protests are important to bring the necessary change to our society that is long overdue, particularly in civil rights issues because the country needs to hear the stories of Black people in order to truly understand the systemic issues with our legal systems. Thus, it is only through the continuous use of speech to create "good trouble" that our country can at least somewhat right the wrongs in our legal system, as the people wronged by the system deserve at least that much.

As students, along with using our voices, it is imperative that we remain unified in our efforts so that we can create greater change. If we all come together to share stories and further learn about other perspectives while living as a minority in America, we can truly create substantial change. John Lewis was known to be both a man of action and a man of words. Our words have so much value and power, and we must use language as a collective body of young activists to learn and come together to share these stories. Indeed using one's voice can also be viewed individually, such as through voting. However, the beauty of our democracy is that freedom of speech along with the right to assemble and protest are foundational elements of our country that promote community buy-in. Voting is important, but it is our strength in numbers that can truly move our nation to change, and it is our job as young activists and the next generation to start being more mindful of the stories of those hurt by our nation so that we can come together and push through these issues collectively.

When John Lewis was repeatedly jailed for his protests and civil rights work, he continued to use his voice because he knew our nation still had a long way to go. When Black Lives Matters protesters were criticized for being too loud, the activists continued to lead their efforts because they knew that